

Great Gumbo!

Mention "Gumbo" to most folks and the reaction's likely to be "New Orleans" or "Southern specialty." Actually, gumbo originated in Africa where it was a kind of fish stew. An African dish called "Caruru" with shrimp, okra, onions, "greens," dried malagueta pepper and salt, was the model for the shrimp gumbos that became the popular Southern dish.

And it is the basis for our delicious Authentic Shrimp Gumbo. The original was much hotter, however, so if you prefer fiery foods, keep adding red pepper.

If you have avoided preparing gumbo because it sounds complicated, this recipe may change your mind. Authentic Shrimp Gumbo has three virtues — it is easy to prepare, cooks in one pot in 45 minutes, and taste experience has proved it to be a family and guest favorite.

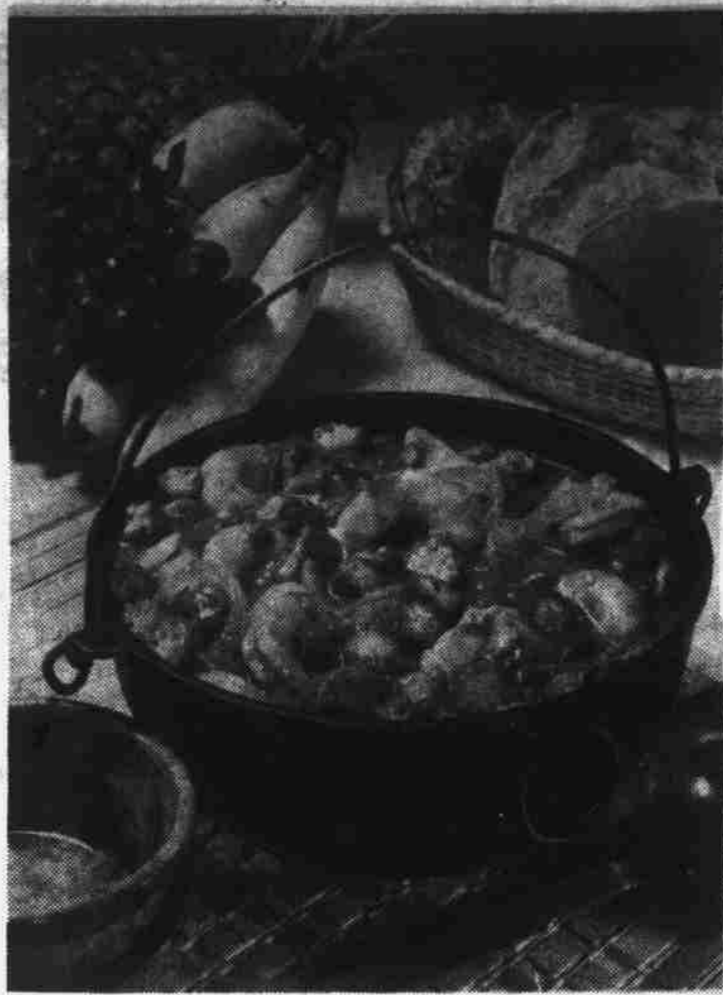
One of the primary ingredients for great gumbo is okra. Once hard to find in most parts of the country, okra is now available everywhere fresh-frozen. A good source of Vitamins A and C, it "beefs up" the nutritional value of this tasty dinner.

For a change of texture, serve the gumbo with a crisp, flat Eastern bread, toasted. Pita is particularly good. A light spread of cottage cheese makes a refreshing shift from butter. Add a variety of luscious summer fruits for dessert.

AUTHENTIC SHRIMP GUMBO

- 1 16-oz. polybag of frozen cut okra
- 3 large onions, sliced
- 2 cloves garlic, chopped
- ½ pound dry hot sausage, diced or sliced
- 2 tablespoons bacon fat or butter
- 1 bay leaf
- Salt and pepper to taste
- ½ teaspoon crushed red pepper (or more to taste)
- 1 can (1-lb.) stewed tomatoes
- 1 can (8-oz.) tomato sauce
- 2 cups water
- 2 pounds cleaned raw shrimp

Combine all ingredients except shrimp. Simmer 30 minutes over low heat. Add shrimp. Simmer an additional 15 minutes. Makes 6 servings.



EASY AND ELEGANT — GREAT GUMBO
An uncomplicated but impressive dinner to serve family and guests is Authentic Shrimp Gumbo, combining convenient fresh-frozen okra with shrimp and seasonings.

Dr. Wm. Roland Collins Feted At Birthday Party

Dr. William Roland Collins, Senior was honored with a surprise birthday party on July 4, in Silver Spring, Maryland, at the home of his son, Colonel Harold E. Collins. His wife, Alice, his son, Harold, his daughter-in-law, Rosalind, and his granddaughters, Felicia and Alicia devised the scheme to get Dr. Collins to Maryland to participate in his birthday party.

Approximately fifty relatives and friends from North Carolina, Maryland, Virginia, New Jersey, New

York, Massachusetts and the District of Columbia assembled to contribute to the surprise of his 80th birthday.

After thirty-eight years of principalship in Johnston County, Dr. Collins retired in 1964 as principal of Johnston County Training School in Smithfield. He is presently working as Consultant and Action Representative, North Carolina's Governor's Coordinating Council on Aging. Dr. and Mrs. Collins reside in Durham.

Lincoln Hospital Women's Dept. Presents Program

The Women's Auxiliary of Lincoln Hospital will sponsor a Show and Tell Program followed by a question and answer session concerning the new Durham County Hospital on Sunday, July 25, at the W. D. Hill Recreation Center.

The program begins at 3 p.m. and will last until 4:30.

The public is invited to come and participate in the program and view the Durham County Hospital through slides.

Happy Birthday Paul

Paul Thorpe III will celebrate his first birthday on Friday, July 23, followed by a party on July 24 at his home. He is the son of Phyllis Thomas Thorpe and Paul Thorpe II, of 1010 Bacon Street, and the grandson of Mr. and Mrs. Willie T. Thomas and Mrs. Zeather E. Thorpe, all of Durham.

CRADLE ROLL CALL

The following Births were reported to the Durham County Health Department during the week of July 12 through July 17.

William and Barbara Benac, girl; Jose and Susan de la Torre-Bueno, boy; Edward and Donna Sarvis, girl; Frederick and Susan Sharpe, boy; George and Lynne Dubay, boy.

Victor and Rhonda Snipes, boy; Cyrus and Minnie Sexton, girl; Genous and Barbara Hodges, boy; Terrance and Elizabeth McCabe, girl; Gary and Susan Laughran, girl.

Edo and Barbara Pellizari, girl; Timothy and Charlotte Blake, girl; Claude and Nancy Rhew, girl; Dannie and Naomi Buchanan, boy.

Harold and Frances Freeze, boy; Charles and Lessie Mayo, twins (boy & girl); Charles and Ethel Holloway, boy.

Ernest and Angela Scarlett, boy; Paul and Joyce Mims, girl; Keith and Elizabeth Gilchrist, boy.

Ushers First Aid Department Meets

June 29, Mrs. Willie A. Simmons and Mrs. Emma Umstead were hostesses for the meeting of the First Aid Department of the Durham Ushers Union.

Devotions were led by Mrs. Hastie Price, including song, scripture and prayer by Mrs. Callie Mayfield. Each person present gave words of expression.

The meeting was called to order and committee reports were heard. Small testaments were given to those present by Mrs. Emma Umstead. Burch Coley offered prayer for the sick and shut in at the closing of the meeting. The next meeting will be held at 2201 Cheek Road.

Dinner was served to the following: Mrs. Hastie Price, Ms. Willa McKeithan, Ms. Susie Craig, Lyda Sanders, Geneva Trice, Grace W. Jones, Susie Dilahunt, Viola Thompson, Vera Owen, Marva Dowdy, Callie Mayfield, Mary E. Young, Willie Rucker, Mable Battle, Burch Coley, Mrs. Hortense Willis, Edward Willis, and Godby Willis.

Mrs. Lyda Sanders thanked the hostesses.

Eyewear Important Part Of Ones Total Appearance



THE FASHION ANGLE is evident in Oscar de la Renta Style IX. Sculptured angles team up with a distinctive bridge detail for dramatic flattery...Style IX is available in soft beige or turquoise spectra and in blue coral swirl color-coordinated lenses and signature scarves to match.

With apologies to Mr. Mercer, you've got to accentuate the positive, eliminate the negative, latch on to the coordinate and don't mess with anything extreme.

"The essence of total fashion is the subtle coordination of color and form," says fashion great Oscar de la Renta. "It's an axiom accepted by women of style that to achieve a 'together' look, one must consider all the parts...clothes, shoes, jewelry, scarves, belts and bags...to obtain a truly coordinated whole."

But coordination mustn't end there.

Whether a woman wears prescription glasses, fun-in-the-sunglasses or tints for sheer eye appeal, she should never overlook the fact that eyewear is just as much a part of her total look as any other accessory.

Perhaps more!

Glasses cover one-third of her face, so they're hardly inconspicuous. And a bad choice in terms of color, shape or size can destroy

an otherwise smashing ensemble effect.

To prevent such a breakdown in coordination, de la Renta has again teamed up with an industry leader to design a second generation collection of frames.

Each of the ten designs (six from the original collection and four stunning new styles) is a triumph of line and the harmonious blending of color. Not only do frames glow with dual tonalities, but the lenses are two-color coordinated as well.

And to carry that color coordination to the ultimate, de la Renta has designed four signature scarves which echo the color harmonies featured in frames and lenses...apricot with burgundy signatures, turquoise with dark gray, beige with brown and light blue with lavender.

Frames, lenses and scarves — color coordinated and light as a Spring breeze — let every woman in the know accessorize comme il faut.



MRS. CANTY HONORED — The staff of the Student Health Service at North Carolina Central University honored Mrs. Mattie R. Canty at a luncheon held at Jack's Steak House upon her retirement on June 30th. She has served as housekeeping assistant at the Health Service since 1955. She was presented a gift of luggage from the group. Pictured left to right are: Mrs. Doris Smith, Dr. Sampson E. Harrell, Director; Mrs. Canty; Mrs. Helen N. Jones, Miss Julia L. Tapp, Mrs. Lois C. Thorpe, Mrs. Emily W. Price and Mrs. Charlotte G. Tucker.

Cureton Johnson Honored For Soccer Guide

Cureton Lee Johnson, sports information coordinator for Howard University, has received honorable mention for his 1975 Howard University soccer press guide.

The announcement of the award was made at the recent national convention in Cincinnati of the College Sports Information Directors of America. A panel of judges made its evaluation on the basis of the guide's general information, layout and design. More than 100 universities and colleges in the NCAA I category were entered in the competition.

First place went to Cleveland State; second, to Penn State; and third, to Madison. Clemson University also received an honorable mention.

INFOGRAMS

By Mary J. Whitmore,

Home Economist

MELON AND PLUM GOODNESS

In traveling, you are sure to spot large numbers of open-air markets and grocery stores displaying fresh fruit produce. Among the most featured are watermelons and plums.

Warm, summer days add up to melon selling and melon eating time. If watermelon is your choice, here are some buying tips. Choose one that has a yellowish white color on the side that has lain on the ground. Or, if you don't want to trust your judgment (if you want to see for yourself) you can buy melons that have already been quartered or halved.

When looking at a cut melon, select one that has a good red flesh color. Seeds should be dark brown or black and the flesh texture should be firm and succulent. Light-colored flesh and white seeds indicate immaturity. Dry, mealy flesh, or watery, stringy flesh that shows darkening or softening of tissue next to seeds, are signs of overmaturity. There may be a hard white streak located length-wise through the flesh of the watermelon. This condition, known as white heart, makes eating quality very undesirable. No matter how you slice watermelon, round or long, serve it often as a delicious instant dessert or as a snack.

Plums come in lots of colors, sizes and shapes, but they all have one thing in common, they make mighty fine eating. How do you choose the best plum? Well not by color of the skin, because both skin and flesh colors vary with variety. No matter what your choice, you'll do well to choose plums that are plump, clean, fresh in appearance and fully colored.

Plums that are ready for eating are soft enough to yield under a slight bit of pressure. Undermature fruit that is hard or shriveled, will not ripen satisfactorily. Fruit that is overmature may be soft, with some juice escaping.

Plums that are ripe and washed are ready to eat just as they are. There is a sharp flavor contrast between the skin, which may be somewhat tart, and the mild sweet flesh.

In a salad, fresh ripe plums combine well with pineapple and seedless grapes, peaches and oranges. Also, plums can be sundaes, plum pie or a plum whip. Canning plums is easy and sundaes, plum pie or a plum whip. Canning plums is easy and don't forget plum jam as a way to serve this tasty fruit in off-season months.

Evangelist Curtis To Be Honored At Appreciation Service Sat.

An appreciation service will be held at the W. D. Hill Recreation Center, Saturday evening, July 24, for Evangelist Musella E. Curtis. Evangelist Curtis married to John William Curtis and they are the parents of three children.



EVANGELIST MUSELL E. CURTIS

Hill Recreation Center, Saturday evening, July 24, for Evangelist Musella E. Curtis. Evangelist Curtis founded the Faith Tabernacle Church of Durham, Inc., ten years ago.

She has done tremendous missionary work in Durham. A dinner will be served in her honor and gifts will be given her from members of the church and

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BONELESS ROUND STEAK	LB.	1.49
PIG FEET NECK BONES PORK EARS	Your Choice LB.	39¢